

RECIPE ANALYSIS

Recipe Name : H-12
Serving Size : 6 oz

Recipe Desc : Chicken Vegetable Soup
Prep Time :

Author :
Cook Time :

Yield : 50

Nutrition Information		
Serving Size: 6 oz		
Amount Per Serving		
Calories 52.37	Calories from Fat 7.89	
% Daily Value		
Total Fat	0.88 g	1%
Saturated	0.17 g	1%
PolyUnSat	0.01 g	n/a
MonoUnSat	0.00 g	n/a
Cholesterol	4.73 mg	2%
Sodium	595.40 mg	25%
Potassium	61.28 mg	2%
Total Carbs	7.96 g	3%
Dietary Fiber	0.90 g	4%
Sugars	0.78 g	n/a
Protein	3.25 g	
Vitamin A - 14%	Vitamin C - 8%	
Calcium - 1%	Iron - 1%	
Vitamin E - n/a	Thiamin - 1%	
Riboflavin - 0%	Niacin - 0%	
Vitamin B6 - 1%	Folic Acid - 2%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 0%	Magnesium - 1%	
Zinc - 1%	Copper - 0%	
Percent Daily Values are based on a 2,000 calorie diet.		
Calories Per Gram:		
Fat 9 * Carbohydrates 4 * Protein 4		

Fat Soluble Vitamins	
Vitamin D	n/a
Vitamin D	0.449 IU
Vitamin E	0.000 mg
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	2.432 mcg
Vitamin A	721.062 IU
Vitamin A	144.212 RE

Water Soluble Vitamins	
Thiamin B1	0.018 mg
Riboflavin B2	0.008 mg
Niacin B3	n/a
Niacin B3	0.078 mg
Pyridoxine B6	0.019 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	4.612 mg
Folic Acid	6.787 mcg

Minerals	
Phosphorus	4.864 mg
Zinc	0.094 mg
Magnesium	3.769 mg
Copper	0.005 mg
Selenium	0.027 mg
Iron	0.135 mg
Calcium	13.096 mg
Manganese	0.021 mg
Iodine	n/a

US Diabetic Exchanges	
Not Available.	
Starch	n/a
Fruit	n/a
Milk (Skim)	n/a
Milk (2%)	n/a
Milk (Whole)	n/a
Other Carbs	n/a
Vegetables	n/a
Meat (Very Lean)	n/a
Meat (Lean)	n/a
Meat (Med. Fat)	n/a
Meat (High Fat)	n/a
Fat	n/a

School Equivalents	
Not Available.	
Meat/Meat Alternative	n/a
Fruits/Vegetables	n/a
Grains/Breads	n/a

Source Of Calories



This nutritional information is based on calculations of available reference data and may not be suitable for Nutrition Facts label declarations. Further analysis to determine actual nutritional values for your final product may be necessary as specified by the Code of Federal Regulations, Title 21, Section 101.9.